

Year	Age	Sex	Weight	Height	Body Mass Index	Energy Expenditure (kcal/day)	Protein	Health Highlights	Researcher's Comments
1960	27	Male	67.5	165	25.2	2,700	100g	- Light to moderate diet - Low to moderate protein intake - Low fat intake - Low carbohydrate intake - Low fiber intake - Low vitamin intake - Low mineral intake - Low water intake - Low alcohol intake - Low tobacco intake - Low drug intake - Low stress intake - Low exercise intake - Low sleep intake - Low social intake - Low family intake - Low work intake - Low leisure intake - Low total intake	- Low protein intake - Low fat intake - Low carbohydrate intake - Low fiber intake - Low vitamin intake - Low mineral intake - Low water intake - Low alcohol intake - Low tobacco intake - Low drug intake - Low stress intake - Low exercise intake - Low sleep intake - Low social intake - Low family intake - Low work intake - Low leisure intake - Low total intake
1965	32	Male	72.5	170	25.2	2,700	100g	- Moderate to heavy diet - Low to moderate protein intake - Low fat intake - Low carbohydrate intake - Low fiber intake - Low vitamin intake - Low mineral intake - Low water intake - Low alcohol intake - Low tobacco intake - Low drug intake - Low stress intake - Low exercise intake - Low sleep intake - Low social intake - Low family intake - Low work intake - Low leisure intake - Low total intake	- Moderate to heavy diet - Low to moderate protein intake - Low fat intake - Low carbohydrate intake - Low fiber intake - Low vitamin intake - Low mineral intake - Low water intake - Low alcohol intake - Low tobacco intake - Low drug intake - Low stress intake - Low exercise intake - Low sleep intake - Low social intake - Low family intake - Low work intake - Low leisure intake - Low total intake
1970	37	Male	77.5	175	25.2	2,700	100g	- Heavy to very heavy diet - Low to moderate protein intake - Low fat intake - Low carbohydrate intake - Low fiber intake - Low vitamin intake - Low mineral intake - Low water intake - Low alcohol intake - Low tobacco intake - Low drug intake - Low stress intake - Low exercise intake - Low sleep intake - Low social intake - Low family intake - Low work intake - Low leisure intake - Low total intake	- Heavy to very heavy diet - Low to moderate protein intake - Low fat intake - Low carbohydrate intake - Low fiber intake - Low vitamin intake - Low mineral intake - Low water intake - Low alcohol intake - Low tobacco intake - Low drug intake - Low stress intake - Low exercise intake - Low sleep intake - Low social intake - Low family intake - Low work intake - Low leisure intake - Low total intake

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Factory Manual For 1990 International Truck

Raffaela Di Napoli



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